



Overview of Basic Engineering Skills Ball on Self-development Activities State Junior High School Students 7 Kota Pariaman

Lissa Febria Sari Batu Bara (✉)

Department of Sport Education, Health and Recreation, Faculty of Sport Science, Padang State University, Padang, Indonesia
lissa_batubara@yahoo.com

Abstract. The objective of the research was to find out the student's basic volley ball technique skill on the self development extracurricular activity at SMPN 7 Pariaman City. The research was Descriptive study. The population of the research was the students of SMPN 7 Pariaman City who actively participated on the self development extracurricular activity on volley ball which consisted of 20 students, 11 males, and 9 females. The sample was chosen by using total sampling technique in which all of the students were becoming the sample of the research. Then, the data were collected by using Test to measure the student's basic volley ball technique skill covering bottom service, bottom and up passing. The analysis data was done by using percentage. The analysis result showed that the student's basic volley ball technique skill from 11 male students was 3 students (27,27%) got good category, 3 Students (27,27%) were fair, then, 5 of them (11,11%) were at low category. Next, from female students, there were 1 of them (11,11%) who was at very good category, 1 student (11,11%) was good, 7 of them (77,78%) were fair. The analysis concluded that the student's basic volley ball technique skill on the self development extra curricular activity at SMPN 7 Pariaman City was still unsatisfied.

Keywords: Basic Volley Ball Technique Skill · Self Development

1 Introduction

Self-development is an educational activity outside the subject as an integral part of the school curriculum/madrasah to help the development of learners in accordance with their needs, potentials, talents, and interests through activities specifically organized by educators or education personnel who are capable and authorized in school. According to the National Education Standards Agency (BSNP) year (2006: 6) the goal of self-development is "To provide opportunities for learners to develop and express themselves in accordance with the needs, talents and interests of each learner in accordance with school conditions. Self-development activities are facilitated and or guided by counselors, teachers or educators that can be carried out in the form of extracurricular activities".

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One of the self-development activities at SMP Negeri 7 Pariaman City is the game bolavoli. The self-development of bolavoli games is a forum for students who have talents and interests in the field of volley ball which aims to provide opportunities for learners in developing talents and interests in the field. Currently, the 2012/2013 school year students who participated in the self-development of bolavoli as many as 20 students, 11 sons and 9 daughters, It is expected that student achievements from the results of exercises carried out in this bolavoli self-development activity, and students can practice their skills in playing bolavoli..

According to Erianti (2011: 17) “The game of bolavoli was invented by William G. Morgan in 1895 named Minlonette which was later proposed by Prof. H.T. Halsted in 1896 under the name *Volley Ball*” Bolavoli game is a team game played by two teams consisting of six people each separated by the net. Suhado and Sujarwo (2009:71) stated that “The game of bolavoli is played by 2 teams consisting of 6 players each and competing to reach the number 25. The size of a common bolavoli field is 9x18 meters. The size of the men’s net height is 2.43 m and the daughter is 2.24 m. The attack boundary line for defenders is 3 m away from the center line (parallel to the net). The edge line of the field is 5 cm”.

The goal of the ball game is for each team to pass the ball regularly through the top of the net until the ball hits the floor on the opponent’s field and prevents the ball that the opponent misses from touching the floor on his own field. To be able to play bolavoli, students must be able to master the basic techniques skills of bolavoli. Skill is the ability to complete a task. While proficiency has the meaning of ability or ability to do something. (<https://kbbi.kemdikbud.go.id>) Thus the basic technique skills of bolavoli can be interpreted as the ability or ability to perform basic techniques of bolavoli. Which includes the elements - service elements, upper passing, *bottom passing*. It can be said that without mastery of these three basic techniques a person has not been able to play bolavoli properly. In other words, it can be argued that to be able to play football, students must master these three basic techniques. Although there are other basic forms of techniques such as the technique of hitting (*spike/smash*) and the technique of stemming (*Block*), but it is not a fundamental demand to be able to play footballvoli. Bolavoli games can run or take place without mastery of *spike/smash* and *block techniques*. However, this is not the case with serve, upper *passing*, and *bottom passing*. The ball game will not take place if the player does not master the service technique, the lower passing technique, and the upper *passing* technique.

To be able to obtain or master the three basic skill techniques, students must practice correctly and continuously against all factors that determine or that affect the mastery of these basic engineering skills. Although the three basic techniques have different characteristics, they are influenced by factors, among others; physical condition, talent and learning ability possessed, motivation, previous movement experience, learning/practice environment, training methods, training programs and the quality of coaches/teachers, and facilities and infrastructure. All these factors can determine a person’s success in learning and mastering a form of bolavoli technique skills.

Based on the observations made by the author, although this self-development activity was followed by students who were interested and talented in the field of bolavoli, but when the author observed for 3 exercises held every Saturday at 08.00 WIB to 10.00

WIB, it was seen that the student's ability to perform basic bolavoli techniques was still not good, especially for female students. When serving, the ball does not pass through the net or the ball goes off the court, then when *passing* on the ball is often held, as well as when *passing* down students are less able to do it correctly, so the ball does not arrive at friends and several times does not manage to receive and return serve or attack from the opponent. From the kinds of events that are seen, it shows that there are still low basic bolavoli engineering skills of students who participate in bolavoli self-development activities at SMP Negeri 7 Pariaman City.

2 Materials and Methods

The subjects of the study were students of class VII and VIII who actively participated in bolavoli self-development activities at SMP Negeri 7 Pariaman City for the 2012/2013 school year as many as 20 students, consisting of 11 sons and 9 daughters. The instrument used is a test for each item processed by the percentage technique.

3 Result

Under Service Engineering Skills Bolavoli State Junior High School Students 7 Pariaman City

The service skills of the lower 11 students of SMP Negeri 7 Pariaman City, only 1 person (9.09%) category is very good, 3 people (27.27%) good category. The remaining 7 people are in the medium and less categories. Thus it can be interpreted that the service technique skills under the son students still need to be improved. While the female students of 9 people, none of the female students who have lower service engineering skills in the category are very good, only 3 people (33.33%) in the good category. The remaining 6 people in the medium category and the less category. This means that the lower service technique skills of the princess students need to be improved.

The service technique skills of the students of SMP Negeri 7 Pariaman City, can be improved through exercises that are carried out continuously, continuously and repeatedly over a long period of time, and carried out with the right techniques. For example, the technique of ball rebound, arm swing, body attitude and concentration in performing service movements can also affect lower service skills. In addition it is necessary for trainers and students to know and understand the factors that can support lower service skills such as arm muscle strength, body flexibility and eye-hand coordination.

Passing Technique Skills Under Bolavoli State Junior High School Students 7 Pariaman City

When viewed the *passing* technique skills under the ballvoli students of SMP Negeri 7 Pariaman City, of the 11 male students only 1 person (9.09%) category is very good, 3 people (27.27%) good category. The remaining 7 people are medium category and less category. While the female students of 9 people, also 1 person (11.12%) category is very good and 2 people (22.22%) good category, the rest of the category is medium and less. Thus it can be interpreted that there are still many students in SMP Negeri 7 Pariaman City, do not have the skill of *passing* techniques under the ballvoli well.

From a real picture of *the passing* technique skills under bolavoli students who participate in self-development at SMP Negeri 7 Pariaman City, it still needs to be improved again. It takes effort and effort to improve *the skills of the lower passing* techniques, both coaches and students. Then it is necessary to know and understand that the skills of the lower passing technique can be affected by many factors, including the endurance of arm muscle strength, eye-hand coordination and student agility in moving.

Passing Technique Skills for Bolavoli State Junior High School Students 7 Pariaman City

To have mastery of passing techniques over the right and with the right technique, it is not easy because it takes a long time to practice, and understand and know the factors that affect the implementation of the *upper passing* technique. Exercises should be performed continuously, repeatedly and sustainably in the right way. According to Ahmadi, (2007:250) suggests that “The way to pass over is that the fingers of the hand are open and the two hands are almost facing each other. Before touching the ball, the knees are slightly bent until the hands are on the face as high as the nose. The angle between the elbow and the body $\pm 45^\circ$ ”. This is especially important to pass or pass the ball near the net well, so that the ball can be continued with a *smash* to get numbers or points.

In this study, *the passing* skills of the 7th State Junior High School students of Pariaman City, out of 11 male students only 1 person (9.09%) category is very good, and the category is good. The remaining 9 people are medium category and less category. While the female students of 9 people, only 1 person (11.12%) category is very good and no student has passing skills over the good category. The remaining 8 people *have passing* skills in the medium category, less and less. From the picture of passing technique skills for students in SMP Negeri 7 Pariaman City, it can be interpreted that students do not have the skills of *passing* techniques under bolavoli well.

Bolavoli Basic Engineering Skills of State Junior High School Students 7 Pariaman City

A person’s ability to play football, one of the factors influenced by the basic engineering skills he has. Therefore, the skill of gestures in demonstrating these basic techniques is the main key in the achievement of bolavoli. Engineering according to Erianti (2011: 103) is “a way to do or carry out something in achieving a particular goal effectively and efficiently.

Techniques in the game of bolavoli can be interpreted as a way to play the ball effectively and efficiently in accordance with the rules of the game that apply in achieving an optimal result” Thus it can be interpreted as the basic technique skills of bolavoli is steadiness or ability to perform basic techniques of bolavoli game appropriately and effectively in accordance with applicable game rules in order to achieve goals with optimal results.

Guided by the description above, how to play the ball effectively and efficiently in accordance with the applicable game rules in achieving an optimal result, has not been owned by students of SMP Negeri 7 Pariaman City. This is evident from the results of data on basic engineering skills bolavoli by conducting tests on samples, then in 11 male students there is not one person in the good category, only 3 people (27.27%)

good category and as many as 8 people in the medium category, and less. As for female students, 1 person (11.11%) category is very good and, 1 person (11.11%) is good category, and 7 people are in medium category.

In accordance with the findings above, it can be interpreted that students who participate in bolavoli game self-development activities at SMP Negeri 7 Pariman City do not have basic bolavoli engineering skills well.

4 Conclusion

From the results of the data analysis, it can be concluded that: Lower service technique skills, lower passing, *passing* on the sons and daughters of SMP Negeri 7 Pariaman City who follow the activities of bolavoli self-development are still not good.

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